

"Festive Family Thanksgiving Cookbook"

Recipe



Healthy Corn Stuffing

Serves 10 ● Preparation time 30 minutes
Baking time 30 minutes

2 cups chicken broth, low sodium,
low fat

2 garlic cloves, minced

½ cup green onions, top and bulb,
chopped

2 stalks celery, chopped

½ cup white onion, finely minced

1 - 9 oz. can whole corn, drained

½ cup or 2 oz. walnut pieces, chopped

½ cup raisins, unpacked

½ cup water

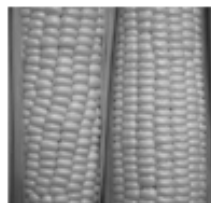
2 - 6 oz. packages cornbread stuffing mix
or 1 - 12 oz. package

tsp. sage

½ tsp. thyme

¼ tsp. pepper

nonstick vegetable spray



Put the chicken broth and minced garlic into a large pasta pot. Bring to a boil. Throw in the green onions and celery. Let them simmer for 4 minutes, or just until beginning to soften. Remove from heat. Add white onions, corn, walnuts, and raisins. Stir. Add the stuffing and water. Mix again gently.

Add spices. Most corn bread stuffing is highly seasoned and requires no additional seasoning. Others need a flavor boost.

Bake it in a 2-quart casserole dish coated with vegetable spray for 30 minutes at 325° degrees.

Nutrition Facts Per Serving: 288 Calories, 6 g Total Fat, 54 Calories from Fat, 1 g Saturated Fat, 564 mg. Sodium, not a significant source of Cholesterol.

Adapted from Guerilla Cooking-The Survival Manual for People Who Don't Like to Cook or Don't Have Time to Cook. By Mel Walsh. Wyatt Books, N.Y., 1996.

